

**KARAKTERISTIK *REDUCED FAT MAYONNAISE* MINYAK WIJEN  
DENGAN PENSTABIL *KONJAC GLUCOMANNAN***

**INTISARI**

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Pada penelitian ini akan dikembangkan *reduced fat mayonnaise* yang dibuat dari minyak wijen disertai dengan penambahan *konjac glucomannan* yang berperan sebagai *stabilizer*. Tujuan penelitian ini adalah evaluasi sifat fisiko-kimia produk *reduced fat mayonnaise*, evaluasi sensoris untuk mengetahui tingkat *overall acceptability* produk dan mengukur stabilitas *reduced fat mayonnaise* selama 28 hari masa penyimpanan pada suhu 4°C sehingga dapat menentukan % *konjac glucomannan* yang sesuai untuk ditambahkan dalam produk.

Produk *reduced fat mayonnaise* akan dibuat dengan variasi konsentrasi minyak wijen sebesar 50% (RFM50); 40% (RFM40); dan 30% (RFM30). Analisis fisiko-kimia *reduced fat mayonnaise* segar meliputi warna, viskositas, observasi mikroskopik, stabilitas emulsi, pH, kadar lemak total, aktifitas antioksidan dan kadar total phenolik. Stabilitas emulsi dan pH produk juga diukur selama 28 hari masa penyimpanan suhu 4°C. Sedangkan, evaluasi sensoris dilakukan untuk mengetahui tingkat *overall acceptability* produk *reduced fat mayonnaise* wijen oleh konsumen.

Hasil yang diperoleh menunjukkan bahwa penurunan konsentrasi minyak wijen yang diiringi dengan penambahan *konjac glucomannan* sebagai *stabilizer* mempengaruhi warna dan pH produk *reduced fat mayonnaise*. Selain itu, terjadi penurunan viskositas sebesar 58,98% - 64,48%, dan penurunan aktifitas antioksidan sebesar 27,61% - 68,65% apabila dibandingkan dengan produk *full fat mayonnaise* minyak wijen (kontrol).

Kata Kunci : *Reduced fat, mayonnaise*, antioksidan, minyak wijen, *konjac glucomannan*

## **CHARACTERISTICS OF REDUCED FAT MAYONNAISE MADE FROM SESAME OIL WITH KONJAC GLUCOMANNAN AS STABILIZER**

### **ABSTRACT**

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In this study will be developed reduced fat mayonnaise made from sesame oil along with the addition of konjac glucomannan which acts as a stabilizer. The purposes of this study were to evaluate the physico-chemical properties, determine the overall level of acceptability and measure reduced fat mayonnaise stability during 28 days of storage at 4 ° C. In order to determine the best % konjac glucomannan which will be added as stabilizer in reduced fat mayonnaise product

Reduced fat mayonnaise will be made from sesame oil at concentration levels of 50% (RFM50); 40% (RFM40); and 30% (RFM30). Physico-chemical analysis includes color, viscosity, microscopic observation, emulsion stability, pH, total fat content, antioxidant activity and total phenolic content. Emulsion stability and pH of the product was also measured for 28 days. Whereas, sensory evaluation was to determine the level of overall acceptability of reduced fat mayonnaise, sesame products by consumers.

The results, which were compared to full fat mayonnaise as control, obtained show that the decrease in the concentration of sesame oil, accompanied by the addition of konjac glucomannan as stabilizer affect the color and pH of reduced fat mayonnaise products. Viscosity of reduced fat mayonnaise decreased from 58.98% to 64.48%, and the antioxidant activity also decreased from 27.61% to 68.65%.

**Keywords** : Reduced fat, mayonnaise, antioxidants, sesame oil, konjac glucomannan